

Pulses, originating from the Latin term *puls* meaning "thick soup" or "potage," are the edible and dried seeds of plants from the legume family. This plant-based protein packs a punch of essential nutrients that may offer health benefits, and provide sustenance to you and the environment.

The most common variety of pulses are **dry beans**, **dry peas**, **chickpeas**, and **lentils**. They vary greatly in flavor, shape, and color. Pulses are versatile foods that can be used widely in many ways. Purchase pulses in dry, canned, or frozen forms. Prepare them in dips and spreads, soups, as a protein powder, and even in baked goods. There are a plethora of styles to incorporate pulses into a healthy routine.

BENEFITS OF PULSES

Nutritional Composition

Pulses are comprised of complex carbohydrates, protein, fiber, and have little fat content. They have a low glycemic index, meaning they keep your blood sugars **controlled** and **consistent** after eating a balanced meal. All pulses contain both on average <u>8 grams of fiber</u> per 1/2 cup of serving, about 4 times more total fiber than brown rice. Pulses are also a great source of protein, providing <u>8-9 grams of protein</u> per 1/2 cup serving.

Vitamins and Minerals

Pulses offer a vast range of vitamins and minerals. A half cup of black beans provides more iron than 3 ounces of beef. A serving of dry peas has as much potassium as a banana. Pulses are cholesterol free, and have trivial amounts of sodium. Chickpeas and black-eyed peas are excellent sources of folate, a B vitamin, critical in preventing neural tube defects in newborns.

Environmentally Sound

Compared with most other foods, pulses have a smaller carbon footprint, enrich the soil with their abundance of nutrients, and need very little water to grow. These advantages decrease the need for fertilizers, reducing greenhouse gas emissions. It also costs significantly less to produce pulses than it does to grow and process animal products.

TYPES OF DRY BEANS

- Black Beans
- Navy Beans
- Fava Beans
- Chili Beans

Beans

- Great Northern
- Pinto Beans
- Red Kidney Beans
- Mung Beans
- Lima Beans
- Cranberry Beans
- Black-eyed Peas





TYPES OF LENTILS

- Green Lentils
- Red Lentils
- Small Brown Lentils
- French Green Lentils
- Black Lentils





TYPES OF CHICKPEAS (GARBANZO BEANS)

TYPES OF DRY PEAS

Whole Peas

Split Peas

Yellow and Green

Yellow and Green

Desi Chickpeas

Marrowfat Peas

Pigeon Peas

Kabuli Chickpeas

Sweet Chickpea Salad Sandwich Recipe

Serves: 4

Adapted from bbritnell.com

INGREDIENTS

15-ounce can of low-sodium chickpeas (garbanzo beans), drained and rinsed

1/2 cup of green or red grapes, halved

1/4 cup dried cranberries

1/4 cup diced red onion

1/4 cup diced celery

1/4 cup slivered almonds

5.3 ounce container of plain Greek yogurt

1 Tbsp lemon juice

Salt and pepper, to taste

Sliced bread of choice

DIRECTIONS

- 1. In a large bowl, combine chickpeas, grapes, cranberries, onion, almonds, yogurt, lemon juice, and salt and pepper, to taste. Mix well to coat all ingredients in yogurt.
- 2. Serve onto bread of choice. Enjoy!



Nutrition Fa Serving Size (249g) Servings Per Container	cts
Amount Per Serving	
Calories 340 Calories from	n Fat 70
% Da	ily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 50g	17%
Dietary Fiber 10g	40%
Sugars 17g	
Protein 18g	
Vitamin A 2% • Vitamin C	10%
• Iron 15%	
*Percent Daily Values are based on a 2,0 diet. Your daily values may be higher or le depending on your calorie needs: Calories: 2,000	
Total Fat	80g 25g 300mg 2,400mg 375g 30g